



THE URBAN PREPPER

A CITY SURVIVAL GUIDE

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A City Survival Guide

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Prepping. We've all heard of it, but have you ever really thought about what it means? In the broadest sense, prepping is a term that refers primarily to the practice of survivalism in its modern context. While the general idea has been around for centuries, it has not had the same connotation in previous time periods as it does in our modern era. The age of consumerism and relative comfort in which we live has caused many of the survival skills and our general level of preparedness to dwindle down to near nothing, particularly in urban areas. The reasoning for this is simple: with everything either immediately available or just a short email or phone call away, many people believe that there is little or no need to maintain any sort of preparatory inventory or plan in case of disaster. The hard truth of it is, most people just believe that everything will work out regardless of their circumstances and, thus, believe that preparation is not necessary. Unfortunately, that is not the case.

Survivalism is a method of ensuring survival and remaining self-sufficient during times following a catastrophe, disaster, national or international emergency, or political and/or social upheaval. One particular area of interest, which has important implications for millions of city dwellers today, is the art of urban prepping. Urban prepping is different from traditional prepping in a number of key ways and, given the growing number of people residing in urban environments, is of particular importance to even greater numbers of people these days. Without the presence of a large amount of land or the ability to store emergency supplies in a cellar or a similar storage space, there can be some difficulty in urban prepping. These challenges can be overcome, but they require particular attention to detail.

Urban environments are generally defined by two primary characteristics: a higher human population density and a much higher level of human development than the areas that surround it. Urban areas can include towns, cities, and a number of other types of human settlements. The term does not, however, include small human settlements such as villages or hamlets. The areas that surround dense urban environments can quickly become something called "urban sprawl" through a process known as urbanization. Urban sprawl can sometimes include suburban areas. They are typically not as developed as cities, but they do have a relatively high human population and all of the services that come along with that. In the United States, there are two terms that are used to describe urban environments: urbanized areas and urban clusters. Places with a human population of fifty thousand or more are

urbanized areas. Urban clusters are urban areas with a population of less than fifty thousand.

Some of the most important aspects of urban prepping are also the factors that differentiate it from traditional prepping. One of these aspects is the creation of a bug-out bag and an evacuation plan. During times of disaster, cities are likely going to become one of the most dangerous environments for people to try and survive in. This is primarily because of the high population, the close quarters, and the lack of natural resources. Should the electricity and/or water utilities disappear, cities would quickly become very dangerous. It is, therefore, pertinent to have a plan, the skills, and the basic equipment on hand at all times in order to move away from these areas in the event of a true survival or disaster situation. The amount of space you have to prepare in an urban setting is far less than you would have if you were residing in even a suburb or out in a rural area. Thus, it is very important to prioritize your preparation.

Preparedness Checklist in Order of Importance

1. Water
2. Emergency Kits
3. Food
4. Other supplies

The Essential First Step: A Bug-Out Bag

A bug out bag is a kit that is portable and easy to carry. It should contain everything that a person would need in order to survive for around seventy-two hours in the event of a disaster or a catastrophe. A good bug out bag will include items that are necessary for three possible scenarios.

Scenario 1 – Evacuation within the city

Evacuation within the city would refer to any evacuation that may take place during which a person must move from their home within the city to another location within the city. This could include things such as moving to a bomb shelter or moving to higher ground in case of flooding.

Scenario 2 – Evacuation outside the city

This type of survival situation will require a person to leave the entire city during an evacuation. This may include nuclear or terrorist attacks, invasions, or large-scale

natural disasters such as hurricanes. These kinds of evacuations are relatively uncommon in most cities, but they should be prepared for nonetheless.

Scenario 3 – Search and rescue

Even if a person is not personally wounded or directly affected by a survival situation, it is good to have tools in their bug-out bag in the event that someone else is. This will help in being found and rescued when the time comes.

Urban environments, in particular, present certain challenges that are not present in wilderness environments. With that idea in mind, it is important to remember that the bug-out bag for each of these two types of situations will also be different. The bug-out bag for use in an urban situation is very different from a bug-out bag that may be used in a wilderness situation. The high population and low density of vegetation and wildlife in urban areas can lead to problems that people in rural areas may not encounter. One example of this is a large number of wounded and/or dead such as those found during Hurricane Katrina in New Orleans or during some of the mudslides or tsunami affected areas in Asia.

There are many eventualities that could occur in a survival situation that need to be taken into account when creating a bug-out bag. Dealing with the debris of buildings and glass is an important thing to consider, especially in an urban survival situation. Another thing to consider is the presence of buildings in urban areas. Buildings mean shelter and, thus, it is not as important to consider shelter when building an urban bug-out bag. The chances of encountering other people are high in urban areas and should also be taken into account. You will need to tailor your bug-out bag depending on your specific location and climate.

Essentials of an Urban Bug-Out Bag, apart from Water and Food, which are Critical!

Crowbar – A crowbar is so useful in an urban setting it almost needs no explanation. This can help pry open doors or to move stuck objects. It can be used to smash through problem areas if they are encountered and it also doubles as a melee weapon. If you are preparing bug-out bags for your entire family, one crowbar should be sufficient.

Hydrant/Gas Main Tool – Fire hydrants may be able to provide a source of fresh water if no other water can be found, particularly in urban environments. Gas mains in houses will often need to be shut off in the event a fire must be made or simply for safety reasons. A tool that can be used to open and close both should be included in the bag.

Multitool – There are almost too many uses for a multitool to name. This is an essential addition to any bug-out bag. You'll find it coming in handy in a variety of situations and it's one of those simple items that most people will simply forget to have on hand, so if you pack one in your bug-out bag, you'll be ahead of the curve already.

Map and Compass – Knowing the surrounding area and how to navigate it is essential in a survival situation. Particularly in urban areas, where it can be easy to get lost. Coupled with a good route that has been pre-planned and that every individual in your family knows, this can provide an easy way to safety. Maps should be carried at all times and should be distributed to any immediate members of the family. There are a few different routes that need to be planned out on a map for maximum effectiveness:

Highway route – This should be your best option. Also, the first option that will likely be unusable in the event of a disaster or an emergency.

Back-road route – Should the highways be unavailable, side and back roads are the next best option.

Off-road route – Should all of the other possible routes be inaccessible, an off-road route outside of the city may be the only choice.

Routes to important people – extended family, close family, etc. It is important to have these people on a survival map in order to find them without the need of GPS or other electronic services. They can be important resources in a survival situation.

Rendezvous points – For anyone who may get lost. This is going to be the primary method by which people can meet up in the event that they are separated.

Additional Items to include in your Bug-Out Bag:

Work Gloves – In urban environments, there are many hazards one may have to cross in order to reach safety or even to simply move around. A pair of sturdy work gloves can prevent the hands from being damaged or cut by broken glass, metal, or building materials that may have fallen. This is a simple thing that most people will forget, so having a good pair of work gloves will give you an immediate advantage.

Writing Tool (Chalk, Permanent Marker) – This is being listed as an essential because it is both useful and it is lightweight and compact. A writing tool can be used to leave messages for other survivors or to mark certain areas as dangerous. Good communication has a myriad of benefits, all of which can be attained simply by using a good writing tool.

Can Opener – self-explanatory. A city provides many opportunities to find canned food and canned food is next to useless without a can opener. Having a working can opener can save a person the frustration and potential danger of trying to open a can with another tool (such as a knife).

Mask – In urban areas, the high number of buildings increases the potential for dust and airborne particulates. The high building density also increases the risk of fire. A good mask can prevent the inhalation of particulate matter and can prevent smoke from entering the lungs (at least to a degree).

Metal Spork – The one utensil a person will need. This is a catch-all eating utensil that is good for both “wet” food such as soup and solid food such as meat.

LED Flashlight – The buildings in an urban environment can block sunlight and make the entire area much darker than it would be otherwise. If a person must travel inside buildings or underground for any period of time, you’re going to need a good source of light. A solar powered flashlight would be best because it could simply charge outside during the day while traveling. Battery powered flashlights are not a bad thing to have, but one should keep in mind that they do rely on batteries, which adds another item to carry and another thing to worry about running out of.

Hand-Crank Radio – A good radio to pick up signals from other survivors or from emergency personnel is essential. Hand crank, again, is better than battery powered because it doesn't rely on the ability to find batteries to work.

Water Purification Tablets – Another essential. Water purification tablets can work in a pinch if water is not available and if boiling is not an option. Carry enough for around 72 hours, per person.

Flint and Steel – Flint and steel are essential for any survival situation in order to start a solid fire.

Small Mirror – Lightweight. Portable. Mirrors can help signal others, to help direct and focus sunlight in order to start fires, and to check around corners and other hard to see areas for protection.

Medications – In addition to any essential personal medication, it is good to carry Neosporin, aspirin, and a small bottle of alcohol or peroxide for cleaning wounds.

Antibiotics are a form of medication that is often overlooked by the prepping community as a whole. The reasoning is that they either do not understand what to buy, do not understand the proper storage, or do not believe that antibiotics are something that can simply be obtained easily enough to make them viable. Urban preppers have a benefit insofar as they have access to many more resources than preppers in rural or wilderness areas. Animal antibiotics can be used in humans as well, since they are inherently the same chemicals. It should be noted that antibiotics inherently treat bacterial infections. They are useless in the case of viral infections such as colds or flu.

Amoxycillin – sold as Fish-Mox at most pet stores. Amoxycillin is a powerful antibiotic that can be used to handle bacteria, which cause middle ear and/or respiratory infections. It is also safe for pregnant women and children. There is a possibility for allergy, however, so care should be taken.

Ampicillin – sold as Fish-Cillin in many pet stores. Useful for urinary tract infections, gastrointestinal problems, respiratory problems, or the myriad of things that penicillin is useful for. Less likely to cause allergic reactions than penicillin or amoxicillin.

Metronidazole – sold as Fish-Zole. This is useful for diabetic foot ulcers, gastrointestinal problems, joint and bone infections, meningitis, and many other types

of bacterial infections.

Food – Canned food can be good, but it is extremely bulky. It is better to pack high protein and high calorie meals, if possible. Energy bars make a good choice, as do things like beef jerky. Pack enough canned food for at least 72 hours, per person, if possible.

Cooking items: Make sure to have a small backpacking stove and fuel, in addition to a small pot or a large cup for boiling water and cooking food.

Waterproof Matches – Another backup. Just in case fire cannot be started with the flint and steel, a small container of waterproof matches can work as a backup.

In addition to the essentials, there are a number of pieces of accessory equipment that can be included in a bug-out bag. Weight is always a factor in a survival situation and should be kept in mind when deciding what sorts of accessory equipment to include.

Accessory Equipment for an Urban Bug-Out Bag

Clothing – Clothing is being listed under accessory supplies for two reasons: It is heavy and it is bulky. Wear what you need, and maybe have an extra outfit ready to go if you need it. Don't pack a lot of clothes, however. If you pack anything, pack extra socks and underwear.

Rain Gear – Rain gear is a certain subset of clothing that includes ponchos and waterproof gear that can be useful during times of rain. This gear is useful but will not necessarily be essential in an urban environment because of the presence of so many buildings. It is very likely that a person could find an area to shelter themselves from the rain relatively easily.

Money – Money may or may not be useful. It might be nice to have in some situations, since the ATMs probably will not be working during a survival situation, but it may not be useful the longer the survival situation drags on. A person has to assume that money wouldn't be as useful in huge disaster situations so it may not be needed. During short-term survival situations, it is also hard to think of a reason to

need money. Who will take the money? This is a toss-up – take some if you think it will be helpful, but don't worry about stocking up on huge piles of cash.

Tarp – Tarps are heavy and they are bulky. You must weigh the pros and cons when deciding whether to include them in your bug-out bag. They can be used as makeshift shelters, to help carry items, or to protect a group from the elements.

Paracord – Paracord has a myriad of uses. One of the best uses it to either tie things for dragging (such as a sled on which supplies or injured persons can be placed). Another use, though not quite as important in an urban environment, is its ability to hold up tarps or other coverings and to work as the backbone of makeshift shelters.

Batteries – Batteries are not as important as the essential items for two reasons: in an urban environment, they will probably be relatively easy to find and most of the items in the bug-out bag should be self-sufficient (solar flashlights, hand crank radio, flint and steel, etc).

One important thing to note about bug-out bags is that they are not the only things that a person will need to survive. Just as important, if not more than, as the bug-out bag itself is the knowledge that a person brings to the table. Knowledge truly is power and one of the best ways to prepare for any type of disaster is to have basic knowledge of survival and environmental conditions. Even the best laid plans and the best bug-out bag cannot prepare you for every scenario, so it is important to have knowledge to back up your tools and equipment. It is important to know where things are in relation to each other in your area, the safe methods and areas of travel, where one might find help should they need it, and the general flora and fauna that can be found in the area. This sort of knowledge can provide a lot of help should a person need to modify their plans while on the move.

Another thing to keep in mind is that a person should carry certain essential items (such as flint and steel) in their survival bag regardless of their location. Even in an urban environment, where it doesn't seem like a good idea to make a fire, a person can never know when it may be necessary. There is always the possibility of migrating out of the initial urban environment toward more rural areas as well.

Home Preparations

Even in an urban survival situation, having your home prepared for moderate to long-term survival is a good idea. It pays to be prepared for any situation. With that in mind, there are a number of things an urban prepper can have around which will help greatly, depending on their exact living situation. Most of these items are large and are not meant to be carried anywhere, but rather kept within the home for the duration of the situation. Should a person need to leave, very few of them will even be a viable option for carrying.

Generator – Electricity will probably be one of the first things to go in a survival situation. A small generator can keep the juice flowing long enough to settle any last minute issues.

Gasoline – At least ten gallons would be best. Gasoline may be at a premium during a survival situation, but this amount will keep things moving long enough to get settled. Make sure you have it stocked, because at the first sign of disaster, the gas stations will fill with long lines of unprepared people who are looking to fill their tanks. You want to avoid that situation and so should have a small stock of gasoline on your premises at all times.

Chainsaw – Preferably gas powered. Chainsaws are useful for hundreds of things, but in an urban situation there may be a need to move through fallen debris or to cut a new way out of an area.

Heavy tools – An axe, a sledgehammer, and a large tool kit (at minimum). This is important for both moving through the environment, clearing areas near the home that may be blocked or inaccessible, and taking apart or repairing the myriad of items a person may find within the urban environment.

Beyond preparing items in the home, there are a few security issues that a prepper may want to take care of as well. Urban preparation in this regard is almost nothing like rural prepping. There will be no bunkers or fences to put up in an urban area. Instead, preppers must simply work with what they have got. That means fortifying doors and windows, among other things. A heavy steel door should be a priority, if possible. Windows can be reinforced with locks and steel mesh, if necessary.

One important thing to remember: an urban home only needs to be prepared for the length of time a prepper plans to spend in it. If the plan during the survival situation is to leave the home immediately and try and find a safe place or to migrate out of the city, then there is no need to put extra reinforcement into the home or to keep long term supplies there. If you are planning to bunker down in your condo or urban home for an extended period of time, you're going to want to reinforce your home as highly as possible. It all depends on the exact plans of each individual prepper.

Health, Nutrition, and Fitness

Health, nutrition, and fitness play an enormous role in any survival situation. In urban survival situations, however, they play a larger than normal role. Physical fitness is something that preppers can look to that will greatly increase their chance of survival. A prepper should work on being physically fit prior to any event occurring and should train for the general environment that they may find themselves in. For urban populations, that means preparing for survival within an urban environment. Food and water are always priorities. Preparations for urban survival should include both a knowledge of where to find food and water in addition to storage of food and water within the urban dwelling. Finally, it is important to have a good knowledge of the various hazards that may present themselves during an urban survival situation.

Any given survival situation will only go as smoothly as the health of the survivor allows. It is important to stay healthy and physically fit in order to be prepared for any possible eventualities that could occur. A proper physical fitness routine for a wilderness area may include basic weight exercises, cardiovascular exercise, and endurance exercises. The type of preparation a person should do for urban survival should lean more toward endurance and weight training than cardiovascular work. Staying moving in a city can prove difficult given the high probability of obstacles (cars and trucks, damaged buildings, etc). Movement may not be as quick but it will be more physically taxing.

One type of exercise, in particular, that may be useful in urban areas is parkour. Parkour is a cross-disciplinary type of exercise that emphasizes freedom of movement through environments (particularly urban environments). With a bit of training ahead of time, many obstacles that seem like they cannot be overcome will seem like child's play. Particularly when it comes to traversing ledges, through tight spaces, and maneuvering around obstacles. It is very likely, in an urban survival situation, that

cars, trucks, and other debris will be present and will block many potential routes through the environment. With parkour training, the mind will quickly be able to find ways to overcome these various obstacles. Most parkour training will focus on climbing obstacles and jumping between them. Landings are also an important focus. Landings and rolls are of interest to practitioners of parkour because they can reduce the damage and stress on the body that is caused by falling or jumping an appreciable distance.

As with rural prepping situations, food is still a good thing to store in the home. There is a chance that, even in an urban environment, people will either be asked to remain within their homes or their home will prove to be the safest place to be. If that is the case, stored food will be a lifesaver. The priority in an urban home will tend to be toward compact and high calorie foods that will not spoil. A shelving unit within a closet or a pantry would suit the urban prepper just fine in terms of storage space. Urban prepping is, at heart, a relatively short-term endeavor. If long-term survival is the goal, leaving the urban environment should become the first priority. For time frames of a month or less, however, the home may be a viable survival space.

The best foods to store in an urban storage are going to be canned and jarred foods. High calorie and high fat and protein foods are the best foods to store. When consumed fat will, contrary to popular belief, stave off hunger. Eating fat is what signals the body to start using its fat reserves for energy and to stop being hungry. Some of the best protein and fat sources to store are canned tuna, chicken, salmon, and other fish (such as sardines). Potted meat and Vienna sausage are also good choices. Vegetables are, also contrary to popular belief, not the best types of foods to store for a survival situation. There is a very simple reason for this: they are low calorie and they take up a lot of space. Some vegetables are good to store, such as large containers of green beans or yams, but for the most part the space requirement that they bring to the table trumps the caloric payoff that they offer. It may also be useful to store lemon juice and salt. Both are capable of helping electrolyte restoration and to help with any number of medical or survival needs. There is, always, the chance of scurvy setting in if enough citric acid is not obtained in the diet. Lemon juice can help prevent this eventuality and has a very long shelf life (the acidity prevents the growth of bacteria).

Salt carries a particular amount of importance in a survival situation. It can be used to store meat long term (through the process of dehydration), it can be used to help fight against infections in the throat (gargling with warm salt water), it can be used to cook food (obviously), it can be used to melt ice, it can be used to prevent bugs (putting salt in a doorway will help create a barrier), and it can be used to help relieve the itching that is often associated with bug bites. Salt is easily stored and is one of the most useful things that can be stored in the home.

Beyond canned foods, high calorie carbohydrate sources are a good choice to store for energy purposes. They may not have the nutritional value necessary to sustain long-term survival, but they may be necessary at times in order to maintain energy levels.

Here are a few good choices for calorie dense carbohydrates to prep:

White rice – a single cup of white rice can contain over two hundred calories. Given that most stores carry bulk bags (up to fifty pounds) of rice it is possible to get a couple of bags and have enough food to last for months.

Dried beans – beans are sold in bulk and only need to be rehydrated for use in cooking applications. As a source of protein and carbohydrates, beans are a calorie dense food that does not take up a lot of space and can be stored in the home.

Sugar

Powdered drink mix – high in calories in addition to having a ton of vitamins and minerals.

Food that can be taken on the go should be able to last, at minimum, 72 hours. Beyond that, it is going to be up to the survivor to find more food. The best choices are going to, again, be high fat and high protein sources. Carbohydrates, at least as far as canned foods go, are not good choices to bring because of the weight and space requirement. Canned tuna and canned chicken breast are great choices as far as protein sources go. For carbs on the road, it is best to pack some sort of high calorie and high sugar candy. This can keep the survivor moving on the road throughout the day, help to stave off hunger, and has a low space and weight requirement.

Urban environments do not completely remove the capability of preppers to garden. A good seed stock should be kept in the home and can be rotated every couple of years as the viability of the seed stock drops. Though the land area is often much lower in urban environments than it is in rural areas, small gardens can still be created in yards. Hydroponic grow setups can be created in cities. The issue with hydroponics during survival situations, however, is that electricity and water is required to keep them running. This is not even taking into account the need for fresh nutrient solutions, which will not be available if a disaster occurs.

As a way to recap this section, here's a handy guide to help you stock up on food prepping in an urban environment.

10 Best Survival Foods at Your Grocery Store

This most recent winter taught all of us that disasters and emergencies can strike without warning. It also showed us the importance of being prepared. Buying provisions like food and water during or right before a disaster is typically not an option because most stores stock less than a week's worth of food under normal circumstances and are therefore picked bare during emergencies. Keeping a healthy stock of survival foods on hand is a good way to ensure you and your family weather unexpected emergencies.

Creating a supply of emergency food is as easy as making a trip to the grocery store. Below are ten great survival foods that you can find at your local store. These foods have a long shelf-life (from 2 to 10 years), are calorie dense, and relatively inexpensive. All of these things make these ten foods good choices to keep on hand in the event of a crisis.

Dry Beans: Beans are a super food. They are high in protein and fiber and other nutrients that can help keep you healthy during an extended crisis. They are also an excellent way to feed more than one person as 1 cup of dry beans makes 3 cups of cooked beans. Make it a habit to pick up one or two large bags of beans every time you go to the store. Practically all variety of beans are nutritious and long lasting so feel free to pick your favorite.

Lard: During an emergency situation, you'll need oil for cooking. Lard is long-lasting and high in calories (calories are important during a disaster). Plus, it will add a bit of flavor to your food, which can be hard to come by during a crisis. A little lard goes a long way so one large can will be enough.

Rice: You need carbohydrates to fuel you through a disaster and rice is a cheap and healthy way to keep carbs in your diet. Half a cup of dried rice makes 1 cup of cooked rice so it is also a good way to stretch your food supply. Every time you go to the grocery store, pick up a large bag of rice to add to your emergency food supply.

Canned Meat: Stock up on cans of tuna, ham, and chicken as a great source of protein.

Pasta: Like rice, pasta is a great way to get carbohydrates. Plus, pasta can be very cheap so it is worth stocking up on.

Salt: Every time you go to the grocery store, buy salt. Not only will you use it to help store your emergency food supply, it will also come in handy as a seasoning during a crisis.

Cornmeal: Cornmeal is better to keep on hand than flour because it takes fewer ingredients to make breads with cornmeal than with flour. Just add some lard and salt to cornmeal to make a tasty skillet cake. Additionally, cornmeal has a longer shelf life than flour. It is a good idea to stock up with several 5lb bags of cornmeal.

Canned Fruit and Vegetables: Canned fruit and vegetables don't offer much in the way of calories but they are a good way to keep vegetables and fruits in your diet during an emergency, which is important. Stick with cans of green vegetables and low-acidic fruits like pears because those canned foods have a longer shelf life.

Peanut Butter: Peanut butter is a tasty source of protein and much needed fat. Plus, you'll be happy to have this quick snack on hand during an emergency. Peanut butter can get expensive but if stored properly, it will last for five years so stock up on it every chance you get.

Sugar and Honey: These two sweeteners will store for years (forever, really) and are a good way to add flavor to your emergency food. Add sugar to your rice to create a sweet breakfast cereal.

Placing food in long-term storage requires some preparation. First, it is important to find a cool, dry place that is dark. A basement or cellar is ideal. Try to avoid placing emergency food in the garage because the temperature fluctuates too much and that can affect your emergency food supply.

The best way to keep your food fresh for years is to place it in heavy-duty food-grade sealable containers. Keep your food separated—use one container for beans, one for rice. If you like, you can store the canned foods in sealable containers as well. Doing so will allow you to keep them in one place and make them easy to move if that become necessary. Add salt to the sealable containers (1 cup of salt per 5 gallons of storage space). Put your food into the container, and then place some dry ice on top of your food. The dry ice is key, as it will absorb any oxygen in the container. There are such things as oxygen absorbers but dry ice has the added benefit of being a fumigant, meaning it will kill any bugs that happen to find their way in your food supply. Plus, dry ice is fairly cheap at about \$5 or \$6 for 5lbs of dry ice. A little bit of dry ice goes a long way; you only need around 1 ounce for 5 gallons of storage area. Because the dry ice is there to preserve your food, it is better to use too much rather than too little so feel free to add 2 ounces of dry ice to your food container as it will not harm the food you are storing. Once you have the salt, food, and dry ice packed in the container, seal it tightly. Put a label on the container that list the ingredients and the date the container was packed.

If you make a point of picking up a couple of these survival food items each time you go to the store, you will quickly have a healthy supply of provisions that will see you and your family through any crisis.

Water

Every prepper knows that water is the most important thing a person can have in terms of survival preparation. The body loses water constantly through exertion. Sweat, urine, and even breath causes water loss. Above average or extreme heat can cause the human body to lose half a gallon or more of water per day. It is important, therefore, to make an effort to drink at least a gallon of water per day. There are a few

things that every prepper should keep in their home to help maintain hydration during a survival situation. First and foremost: Stored bottled water. The exact amount is going to depend on the amount of space available, but it is good to keep in mind that the average person needs to drink around a gallon of water a day just to maintain hydration. Beyond stored bottled water, a supply of water purification tablets should be kept along with some lightweight carbon filters. This will both purify the water and allow particulate filtration.

Water on the go is a more difficult matter to handle. Carrying a small stove, carbon filters, and pot in the urban bug-out bag can provide an infinite source of clean water provided boiling is an option. A pack of water filtration tablets can be used to purify and, when used in conjunction with the carbon filters, can purify potentially dirty water sources on the go. It is not recommended to carry more than a canteen (possible gallon sized, if possible) of water at a time due to weight and space requirements. Too much equipment can weigh a person down and make travel more difficult. This issue is of particular importance in urban environments where there is a high potential for debris or other obstacles to block movement, requiring climbing. The average human in good physical condition and good environmental conditions can survive a maximum of around four days without water.

Physical hazards are almost definitely going to be an issue in an urban survival situation and the urban prepper should be aware of and prepare to encounter them during their survival preparations. Some of the primary physical hazards that may be encountered can be downed (live) electrical lines, large pools of water, or fallen buildings. Also be on the lookout for fires, falling debris, and wreckage in the streets. Remember: cities are composed almost entirely of concrete, steel, and glass. When a disaster happens in an urban environment, these three things all become huge obstacles that must be overcome. Preparing for physical hazards can be, first and foremost, a matter of knowing what to expect. Cars will likely be jamming the streets, building debris and glass may be on the streets. If there are fires going on somewhere close, there may be ash or coals on the streets as well. In any event, expect the unexpected. In an ideal situation, the urban prepper will have an outfit ready to go that will take into account all of the physical environmental hazards that may be encountered. A pair of good steel-toed boots, a pair of sturdy cargo pants, a nice and thick cotton undershirt, and a good leather jacket are all good choices. Steel-toed

boots can prevent damage to the feet from debris underfoot or from damage from falling objects.

Biological, chemical, or radioactive hazards are something that should be taken into account but are very difficult to prepare for. Hazards can vary drastically depending on the nature of the disaster that befalls the urban environment a prepper finds himself in. During any sort of radioactive event such as a reactor meltdown or a nuclear attack, a city can be either a saving grace or a deathtrap. Radiation tends to absorb into concrete and rebar which will then continue to emit radiation. The first step is to get as far away from the blast area as possible. Remaining upwind of the radioactive event to avoid fallout is of utmost importance

Biological hazards are not as much of an issue in urban environments initially. They pose a larger threat as time goes on. Medical waste and garbage become breeding grounds for disease and bacteria, which can pose a real threat to survivors. Avoid areas that may contain either garbage or medical waste if possible. Rotten food can become a breeding ground for insects and disease as well. Route planning should avoid these areas for two reasons: the potential for disease and the potential for running into other survivors. Survivors may be the biggest threat to overall safety in an urban survival situation simply because of their unpredictability. Careful preparation ahead of time and careful route planning will completely remove any need to go near supermarket type areas for food during a survival situation regardless. Regardless, it may not be possible to avoid all possible biological hazards, especially if foraging becomes a necessity. If that is the case, there are a few hazards that a person should be aware of in urban survival situations.

Specific biological hazards to be aware of:

Insects (bedbugs, roaches, lice, etc.) - These insects will spread very quickly in an urban disaster situation. The primary reason stemming from the fact that no people are bothering to keep their numbers in check anymore. Keeping a bit of diatomaceous earth around to spread at entrances to your home or sleeping environment can go a long way to preventing them from entering your domicile and killing off any insects that have already moved in.

Botulism – Botulism is a potentially fatal illness that is caused by the botulinum toxin that is produced by the bacteria *Chlostridium botulinum*. Spores, which can lead to its

production, can be found in soil and water sources. They are typically activated by certain environmental conditions such as certain temperature ranges or low oxygen levels. Food sources can be contaminated by *Clostridium botulinum*. It is important to, especially with canned food and preserved food, cook it thoroughly. If a can seems to be “bulging” at the ends, it is probably contaminated and should not be eaten. Symptoms of infection include becoming tired, weak chest or arm muscles, drooping eyelids, and trouble speaking.

Another possible source of botulism is wound infection. Since *Chlostridium botulinum* can live in soil any open wound can potentially become infected and the situation can quickly become life threatening. It is important to maintain proper wound care and cleanliness in situations when wounds may become exposed.

Mold – Urban environments are often the same types of environments in which mold and mildews thrive. Mold often grows in dark and damp areas. Without electricity and with possible deterioration of urban areas, the entire environment can become a large dark and damp area. Mold can quickly spread via spores. There are a few ways that mold can affect the health of an urban prepper. High numbers of spores within the air can lead to allergy problems (runny nose, possible lethargy, low energy, puffy and red eyes) or asthma problems. There is also the potential for mycotoxins within the spores, which can lead to neurological problems and, potentially, death.

Local threats – Beyond the general threats that can be present in urban areas, it is important to know the threats that are more localized. In the northeast, there will be issues that are not present in the Midwest. One of the most important things a prepper can do is to learn about the potential local threats prior to any sort of survival situation.

Some of the biological hazards that are present in either rural or wilderness areas are not as large a problem in cities, but they could become one as the disaster or survival situation lengthens in time. Wild animals (or even hungry domestic animals) could be loose within the city. In addition, insects such as ticks or mosquitoes could potentially transmit infections to survivors within the urban environment. Mosquitoes, in particular, could become a problem very quickly considering their choice for breeding areas. Mosquitoes typically breed within stagnant pools of water. Even a light rain could provide mosquitoes with an entire slew of new breeding grounds within a city, especially if damage allows water to get into buildings. A person may not think that

“wildlife” such as animals, birds (and bird droppings), or biting insects (such as ticks) would become a large issue during an urban survival situation. Everything becomes an issue, however, when a duration of time without regular maintenance by humans allows that to occur.

Chemical hazards are extremely varied. In urban environments especially, it is very important to be mindful of the thousands of chemicals all around. Any water or food source could be contaminated with any number of volatile or toxic chemicals. Without a functioning infrastructure, there is very little to keep water and food sources clean and sterile enough for human consumption. Chlorine and fluorine are regularly added to municipal water supplies in order to kill parasites and bacteria. Without the addition of these chemicals there is nothing stopping water lines from becoming overrun with bacteria. For this reason, it is important to keep food, health supplies, and water prepared in the home in order to last as long as possible without having to forage for food or to find a clean water source. If all else fails, make a backup plan to migrate from the urban environment if the situation seems like it is becoming long-term. One type of chemical hazard to be very aware of is gas. Gas mains could break and leak flammable or deadly gas into urban areas. Beyond that, carbon monoxide is still an issue within cities. If there is a large electrical problem in the city, ozone buildup could also become an issue.

Family Matters: Getting Everyone Involved

The family unit serves a very important purpose in life itself. In a survival situation, family may be the only source of support a person can look to and depend on. One of the major issues in an urban survival situation is that, though the prepper is prepared for survival, the rest of the family may not have the same training or knowledge at their disposal in order to be of much use. It is, therefore, very important to include the family in any survival plans and to make sure that they are well aware of what plans and tools have been set in place for the situation at hand.

The close family unit, the spouse and the children, should be made aware of the survival plan, the preparations in the home, and the possible routes out of the city. There should be a plan in place for what to do in the event of an emergency. At the very least, a specified area to meet should the family be split up at the time of the event should be designated. Perhaps a backup area should be designated as well, just in case. Everyone in the family should be assigned certain tasks and the work

should be divided equally if at all possible. The close family can be included in the initial preparations and should be taught any of the relevant skills (fire starting, how to use weaponry, etc).

Extended family is an entirely different subject. If any extended family lives in the immediate area, it may be pertinent to include them in your plans and map out relevant routes between homes. If necessary, either they may need to relocate to the prepared home or the prepper may need to relocate to their home. Either way there is safety in numbers and trustworthy individuals may come at a premium.

Self-Defense in Urban Areas

Self-defense is an aspect of survival that is often overblown in terms of preparation. It is, of course, important. But a person must remember that food, water, and shelter will always come first in a survival situation. In an urban environment, however, there is a much higher chance of encountering another person during any sort of survival situation. Any interaction with another person without the constraints of normal law and order can deteriorate into a dangerous situation at a moments notice. The exact preparations will, again, depend entirely on the plans that a prepper has made during their route planning and survival planning.

At the most basic level, a prepper should learn at least one form of martial arts. Some are better than others. For hand-to-hand combat, either boxing or grappling skills will serve a survivor well. Particularly in the close quarter areas that urban areas consist of. In addition to basic martial arts training, it may serve a prepper well to study ways of disarming melee weapons or handguns from potential threats. As always, risks should be avoided. With that being said, it can never hurt to expect the best and prepare for the worst.

The most useful piece of non-ballistic weaponry (melee weaponry) to carry will be some sort of hatchet. It is lightweight, provides a myriad of uses, and is not bulky. In addition to a hatchet, it is extremely useful to carry a hunting knife. A person never knows when a knife will be necessary until it is too late and, given the environmental concerns in urban areas, it may become necessary to cut or saw synthetic materials that simple pocket knives are incapable of cutting.

Ballistic weaponry is typically where preppers end up going a bit overboard. Yes, having weapons is an important part of prepping. But the likelihood of needing fifty thousand rounds of ammunition or an entire arsenal of guns is a bit ridiculous. Defense of the home and the surrounding area should be of primary concern to urban preppers. The high population makes it much more likely that a person may suffer from marauders or attack from other groups of survivors. It pays dividends to prepare for this eventuality regardless of the likelihood of it actually occurring. There are four primary types of weapons recommended to include in an urban home. Pistols, rifles, shotguns, and air powered pellet guns. The best pistol, rifle, and shotgun will depend on the abilities and preferences of each individual prepper. One of each will be fine. Air powered pellet guns are recommended for a few reasons: they are good for small game, the ammunition is extremely cheap, the ammunition is plentiful, and they are powered by air.

If a person has to leave their home, carrying two primary weapons will have the best result, as far as weight and practicality goes. Shotguns may not be a practical weapon to carry around, though given the tight spaces in an urban setting they may be more useful than they would in rural areas. A pistol and a rifle should be sufficient. Beyond that, not much should be needed. A person does not need to be a walking arsenal to be successful in an urban survival situation. If a time comes that someone needs more firepower than a pistol and a rifle, the time has come to find an alternate way out of the situation. Beyond the lack of need, there are space and weight considerations that need to be taken into account. Given all of the equipment a survivor may be carrying and the unique problems associated with navigating through a debris filled urban environment, there is simply no viable reason to add the extra weight that more weapons would allow. Not to mention the added need of carrying another form of ammunition.

As much ammunition can be stored in the home as space allows. Again, it is good to have one of each type of weapon and, obviously, ammunition should only be stored for those weapons specifically. Cleaning kits may also be stored, just in case. A primary concern is often how much ammunition a person should store in their home. The response is: enough. There is really no way to tell. A few boxes of each type of ammunition should be sufficient. If space and money allows, more ammunition will always be a boon to the survival effort. Urban environments may necessitate even more ammunition storage in the home simply because the higher population can allow

for many more threats requiring the use of firearms. When moving, however, a couple of boxes of each type of ammunition a person requires will be all that space and weight allow. Ammunition, like it or not, can be bulky. With that being said, it can also be valuable, particularly if it is needed and the situation makes it impossible to find more.

Threat assessment consists of three basic steps: identify, assess, and manage. The identification of potential personal threats will usually come in the form of gut feelings. If an individual, an animal, or a group is seen that just feels off, it may be best to simply avoid them. It is always best to minimize risk. This may mean hiding or taking an alternate route. The primary goal, remember, is survival and rescue. Assessment can be as simple as determining the chances of survival against the potential threat. If alone and facing down a gang or a group that looks dangerous, avoid them at all costs. A firefight should only be considered as a last resort. At no time should a survivor attempt pro-active attack. There is nothing to gain and everything to lose. Survival is, first and foremost, a defensive game. Threat management is simple. Get to a location away from the threat and either move on or wait for the threat to pass. Again, even with weapons and ammunition, it is always going to be a better idea to run than to fight.

It is important to note that, if a person is walking around an urban area with a ton of weapons and firepower, they will immediately be perceived as a potential threat by anyone that they meet. It may be prudent to plan your self-defense accordingly. Especially since urban populations often have a very different outlook on weapons than rural populations do. Any law enforcement or military presence during the survival situation will also, in all likelihood, be less than thrilled to find armed citizens wandering the streets. Carrying as little weaponry as possible is a good rule to go by in an urban area.

A few last minute defense tips all fall under the general heading of: "don't attract attention to yourself unless necessary." Avoid cooking with a lot of spices or fragrant foods that may attract desperate people who are hungry. If possible, simply eat things out of a can or out of a box that does not need to be cooked at all. Fires and food will almost certainly attract attention and not all attention is the kind a person would want to attract.

Protecting Your Apartment or Condo in a Survival Situation

Trying to defend your apartment or condo requires a slightly different approach than protecting your house out in the country or where you may have a bit more land to work with.

The first thing to do is get together several supplies that you will use to fortify and defend your apartment. You will want a few tools: power drill and screwdrivers, hammers, bolt cutters, wood screws and nails. You will also need several 2x4s, chain link fence, bubble wrap and thermal curtains (the kind that block cold, heat, and sunlight). You will also want battery operated door alarms and motion sensors. Because you are preparing for a very dangerous situation, you will also want a way to defend yourself from looters and other anarchist. The best way to do this is with a gun.

Guns

Any gun expert will tell you that handguns require repeated, frequent training in order to be a useful tool for defense. Pulling a trigger is a shocking thing to do and you don't want your first time (or your first time in a while) to be in the middle of a dangerous situation. Additionally, as well as knowing how to load and unload a handgun, you have to know what to do if the gun jams and you also have to be a decent enough shot to hit a moving target while being terrified and in fear of your life. Despite what movies portray, defending yourself with a handgun can be hard and requires practice.

When someone doesn't have a strong familiarity with guns, a shotgun can be a better choice than a handgun. Shotguns are less likely to jam, and the cocking sound of a shotgun is typically an immediate deterrent to someone who means you ill. It is true that shotguns pack a kick, but if you keep it pressed firmly against your shoulder, your body will be able to absorb most of the kick, making it less powerful. Another positive about shotguns for people not familiar with guns is that buckshot scatters on impact so you do not have to be as good a shot as you do with a handgun. If you miss your target but hit a nearby lamp or table, it is likely the person attacking you will still be struck by buckshot.

How to Fortify Your Apartment

Now that you have your supplies out, the first thing you need to do is fortify your doors and windows. No matter what floor you live on, windows are an entry point to your

apartment. Place bubble wrap over your windows to distort the view from the outside into your apartment. It is important to obscure the view of your apartment because looters will be looking for signs of life, and they will assume that if someone is living in the apartment, that person has provisions. Next, nail panels of chain link fence to your windows so looters can't enter if your windows get broken. It is also a good idea to fence in your patio or balcony as well. Finally, hang the thermal curtains. At night, always keep the curtains completely closed so no one can see inside. Thermal curtains will also keep any light you have on in the apartment invisible to the outside.

The best type of door for your security is a metal fire door but most buildings won't allow you to install one as a front door. During a dangerous situation, the second best option is to reinforce the door you have. In reality, most people trying to enter your apartment by force do so by breaking the doorjamb (not the door). Typically, doorjambs are weak and held together with a few small screws. If you know how, reinforce the doorjamb, hinges, and strike plate with long wood screws.

If you are not sure how to do this, there are many videos and articles online explaining how to best approach the subject. Reinforcing these areas is actually pretty simple but takes time: To reinforce the jamb, just remove the doorstop and replace all the screws with wood screws that will drill into the stud, then pop the doorstop back on. Do the same thing with the screws in the hinges and strike plate, making sure all the new screws drill into the stud. Disaster situation aside, it is actually a very good idea to reinforce these areas anyway since kicking in the doorjamb is usually how burglars get into homes.

Once you've reinforced your doorjamb, place some 2x4s horizontally across your door. Place them several feet apart, one above the doorknob and one below it. Use a drill to secure the boards with heavy screws. If at all possible, make sure some of the screws drill into the studs around your door. Don't place wood vertically or diagonally across the door, as this won't really do anything except waste wood. Once you've put up the 2x4s, fill any cracks or spaces around the door with cloth so no light shows through the door. One of your best lines of defense during a survival situation like this is to make it seem like no one is in the apartment; this means covering up signs of life like light and sound. Looters are less likely to enter your apartment if they think it is empty because they will assume there are no supplies inside.

For additional security, hang a door alarm on the doorknob and place motion detectors in your apartment's high traffic areas. These alarms will not deter a looter but they will give you warning so you have enough time to prepare to defend yourself or escape.

Following these steps and having a decent supply of food and water on hand will help you survive any dangerous emergency situation.

Essential Techniques for Survival

There are certain techniques that will prove useful in any survival situation. Whether in an urban area, a rural area, or a wilderness area, there is some knowledge that is invaluable to possess. Any good prepper will prepare themselves with this knowledge in order to be a more viable survivor. Above all, the most important item that a prepper has is right on top of their shoulders: their brain. Don't panic, stay calm. One of the key aspects of prepping is to have a plan and knowledge in place to prevent panic during a survival situation. It will pay dividends for any urban prepper to not only gain the knowledge of these survival techniques, but to actually attempt them at some point. Knowledge can only go so far without real experience.

Fire starting – Fire is the single most important skill a person can have. In urban populations, many people have never even set a fire by themselves. Electricity and amenities like clean running water and air conditioning have prevented the population from needing to know techniques such as building and maintaining a fire. Typically, people will assume that there is no reason to have a fire in an urban area. This is not the case. Some areas are either cold year round or get cold during certain seasons. Either way, if a survivor must remain in the environment for one reason or another, it is very important to know how to stay warm. Fires can, aside from simply heating an area, be used to purify water, cook food, or as a signal.

Where to build: Building fires in urban areas can be a problem for a number of reasons. Building inside can potentially result in buildings catching fire and starting an even bigger problem. Building outside can attract people who could, potentially, be dangerous. The primary reason for not wanting to attract people is this: by the time a fire is needed in an urban environment, it is safe to assume that rescue efforts have already either failed or are taking too long. Fires should either be lit in safe buildings (warehouses, concrete or brick lined buildings, etc) away from flammable materials, in

small back alleys, or in metal barrels when they can be found. Do not light a fire around flammable materials such as wooden buildings or vehicles (oil and gas could ignite).

How to build: Fires should be built using smaller and more flammable materials on the bottom and stacking larger materials on top. Lint from dryers, paper material, and some clothing can make great tinder to initially get a fire lit. These items should go on the very bottom. Wooden furniture and other larger items can be added on top of the tinder in an orderly way in order to enlarge the fire. It is very important to note two things: air flow is needed for fire and some materials will burn and create toxic smoke. Both of these things coincide to make one important thing: Have as much air flow and ventilation as possible around the fire. Smoke inhalation, toxic smoke, and heat can all become problems in closed environment. The construction of the fire should be done in a way to allow air flow to the larger materials and to allow smoke to exit the general area.

How to light: There are a slew of ways to light a fire. In urban areas, the number of ways gets even larger due to the presence of tools and flammable materials. Lighters and matches are, of course, the easiest ways to accomplish this. If flint and steel was brought, they can be used as well. Some of the more esoteric methods of lighting fires that are used in wilderness areas such as rubbing sticks or creating bows will not be necessary or even possible in most urban areas. Lighting a fire is simple: just light the tinder on the bottle and blow a bit on it if necessary to create extra heat and air flow. The fire, if built properly, should grow to the desired size. If using a flint and steel to create a spark, it may be necessary to add some flammable liquid to the tinder such as a small amount of gasoline or high proof alcohol.

How to maintain: Maintenance of a fire is easy. This is particularly true in urban environments. Simply add fuel to the fire and keep the coals stoked in order to maintain air flow. The only issue with fire maintenance is making sure that none of the surrounding environment catches on fire. This is especially true in areas that may be carpeted or have other flammable materials (such as wood floors or low ceilings).

Water purification – The need for water has already been established. But the question is: what does a person do when their clean water has run out? How can a person replenish their water supplies in an urban environment that is probably full of

water, most of which is very likely contaminated and unsafe to drink? The answer is: purify that unclean water and make it drinkable.

Purification tablets – These can be used easily to purify water. The package should have the exact instructions for use. The steps vary between types of tablets.

Boiling – This can be done either through the use of fire or through the use of some sort of electric heater if possible. Simply put the contaminated water into a pot capable of being heated and heat the water until it boils. Boil for five or so minutes and then allow to cool. The water should be safe to drink. This method will destroy bacteria and pathogens that may be within the water.

Collection – During times of rain, water can be collected in buckets and cups. Assuming there has not been a radioactive event, this water should be safe to drink immediately, but there is always an added safety measure that can be added by boiling the rainwater before use. Urban environments often provide hundreds of vessels in which water can be collected. Much more than would ever be found in the wilderness. This is not, however, to say that stagnant pools of water found around the city will be clean. Only trust water that has been personally collected.

Principles of good shelter – Shelter can be as simple as something to keep rain off of the survivor. Shelter is one of the great benefits of being in an urban area. Almost any building can act as a shelter. They can protect from the elements as well as providing a bit of safety from marauders or predators. When choosing a shelter make sure the structure is stable and safe from flooding. Make sure the area chosen is not already inhabited.

How to handle weapons – Practice at a shooting range can solve this problem. All of the weapons in the world will be of no use to a person who does not know how to properly use them. This would include weapon maintenance, cleaning, and storage. Good gun maintenance can prevent misfires, can help maintain aim, and can prevent other problems associated with dirty or damaged firearms.

How to signal for help – Urban environments provide an array of possible options for signaling help. Sound tends to carry and echo in urban areas because of the high

density of buildings. Small radios can be used to receive or transmit signals from other survivors or from rescuers.

Flares are another possible option if they are available.

Smoke signals will probably not be much use in an urban setting. The reasoning is simple: anything burning will probably be making black smoke making it very difficult to discern smoke signals from actual fires. In addition, unpredictable wind directions and obstructed view from buildings makes smoke signals virtually useless in urban environments.

Signals can be left on walls of buildings or on the ground with chalk, paint, or permanent marker. These signals can either be left to lead rescuers to the location of survivors, to designate safe areas and safe directions for others to go in. Signals can be as simple as SOS, HELP, X, or arrows. There are, in some cases, established protocols for the types of signals to leave. One of the problems is: even if a prepper knows these signals, the average person won't. The best signals to leave are simple signals that indicate something and are easily interpreted.

Sunlight – Sunlight can be reflected off of CDs or mirrors or any other type of reflective surface. Sunlight can make an effective signal even over relatively long distances. The density of buildings within urban areas may make this form of signaling less effective than it would be otherwise. This is especially true when the amount of metal and glass objects in urban areas is considered.

First aid – Of the priorities in a first aid situation, they go in a specific order: restore and maintain breathing/heartbeat, stop bleeding, protect wounds and burns, immobilize fractures, treat shock. It is extremely important that, before approaching an accident victim, you check for danger to yourself and insulate yourself from it. Electrical cables, wreckage, unstable structures, gas pipes, or falling debris.

One of the first things to do when administering first aid is to remove the victim from danger. The rule is to move from danger first if possible and then to administer first aid.

If breathing but unconscious, turn the victim on their side so that any blood or vomit does not choke them should they spit up.

If alone, the Heimlich maneuver can be self-administered by pulling or pushing against some sort of blunt object like a tree stump, a chair, or something similar.

Arterial bleeding is the most dangerous kind of bleeding. If a tourniquet cannot be applied and nothing is available to stem the bleeding, the bleeding can be slowed by applying pressure to the appropriate pressure point. It would pay dividends to any prepper to memorize the major pressure points of the body in case of emergency.

Getting Rescued

Getting rescued can be a situation unto itself. As with all other survival situations, getting rescued should be the number one priority after survival itself. This can occur in one of two ways: either the prepper must remain in his or her home until help comes and things return to normal or that is not possible and the prepper must leave the home along with his go bag and anything he or she might need and go find rescue. Most of the preparation for staying in the home should already be done. Food and water should be accounted for. Home defense and route planning should already be done. With all of these things taken care of, the only remaining scenario that needs to be accounted for is finding help.

With route in hand and the go-bag prepared, all one needs to do to begin finding help is to simply leave the home and go to where help might be found. The hand-crank radio should be used in order to listen for signals from rescue crews. Look for signals when on the road. Avoid risk and be safe, but look for written signals in chalk or paint that may lead to an enclave of survivors or help. Be amicable with rescuers if they are found. Avoid carrying weapons in the open if searching for help.

Final Thoughts

Prepping is not difficult. Prepping in an urban environment is not difficult. Urban prepping simply requires a different set of skills, knowledge, and items in order to accomplish its goals. One should not be afraid of the unknowns that come along with a disaster. The primary goal is to be as prepared as possible for the slew of contingencies that may come along with survival situations. Food, water, and shelter are the most important things to have during a survival situation. A good route and a

little pre-planning can ensure that all of the items necessary for survival are already in place before a situation occurs.

The higher population and the density of buildings in urban areas brings with it a slew of hazards and situations that will not be encountered in rural or wilderness areas. Disease and insects are able to thrive in urban areas. Insects, in particular, can form dense populations in the crevices that urban areas provide. Particularly with the presence of human waste and the plentiful sources of water that are available in them. It is important to know that knowledge and experience go hand in hand. In any survival situation, it is better to err on the side of caution and not to take risks unless absolutely necessary. This is particularly important in urban environments where there is increased risk due to population and building density.

As with any survival situation, staying put is the first best option. If a person must leave due to a mandatory evacuation effort or because the home is compromised, a route should be pre-planned for leaving the urban area. Once out of the home territory, all efforts should be made to survive and to be rescued. This may mean having to find the way to a safe area on foot or finding some means to signal a rescue effort. Good route planning and a map will help greatly with the effort to find rescue.

Proper preparation for urban survival can ensure a safe journey through a disaster. Being prepared can help both the prepper and his or her family remain alive during a moderate to long-term survival situation. Urban survival provides unique challenges that are not present in rural areas. Wilderness challenges are replaced with urban jungle that must be overcome by those choosing to live in those environments. Urban prepping is a subject that is both simple and complex at the same time. Be safe, don't take unnecessary risks, stay calm, and remember the basics. Knowing these rules and following them will be the difference between your family surviving and prospering or not.

Good luck!

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